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**PIN PRICKING**
A SECRET WEAPON IN THE FIGHT FOR GLOWING SKIN {page 14}

# OLD PRO
## SPARE MAYA ANY PREGNANCY ADVICE {page 11}

CALGARY metro®

Tuesday, May 10, 2011
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News worth sharing.

Canucks

▶ Mason Raymond celebrates after scoring a goal against the Nashville Predators yesterday. The Vancouver Canucks won the game 2-1 to advance to the next round of the NHL playoffs.

FREDERICK BREEDON/GETTY IMAGES

## Canucks on to Western Finals

**Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Canucks advance to the Western Conference final yesterday.**

# Sticking point holds up tunnel negotiations

**Both parties have agreed negotiations need to be complete by mid-May ◐ Airport Authority CEO Garth Atkinson has said previously the airport does not need the tunnel**

Interchanges are the last major hurdle to overcome in airport tunnel negotiations before the City of Calgary can sign on the dotted line, according to one alderman.

Before council received yet another update on the negotiations during an in-camera meeting yesterday, Ald. Jim Stevenson expanded on the holdup.

Stevenson said the airport authority is requesting the city build several interchanges around airport land — a request that would balloon the $295 million council has agreed upon, to estimates of nearly $500 million.

"The big things are infrastructure that they want us to build and we don't believe it's necessary right now," he said. "We wouldn't be able to do it (build the tunnel) if we have to do those. The whole thing would be dead."

Stevenson said committing to building those interchanges in the future isn't feasible, as they wouldn't want to burden future city councils with a large expenditure.

After meeting with senior city staff and members of the airport authority last week, Mayor Naheed Nenshi said "the ball is in their court now."

"We certainly made our case very clear, we made it clear what council has approved and what our bargaining mandate is," he said. "I still remain optimistic that there's an agreement within grasp but we will know within the next week to 10 days whether there is or not."

When asked if he is chilling champagne in anticipation of a successful agreement, Nenshi cautiously replied "Yes, in fact."

KATIE TURNER

**Schedule**

- Barlow Trail between Airport Road and 48th Avenue was at the beginning of April.
- Construction of the new airport runway began shortly after.
- Mayor Naheed Nenshi said construction of the tunnel would need to begin this spring.

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## City puts sweeping on the map

Calgarians will now have the opportunity to view the status of spring clean-up in their community as the city introduces a new real-time street-sweeping map.

The city's online map, launched yesterday, will include updates on the progress of street sweeping as well links to parking bans and weather and equipment delays.

Citizens are reminded to ensure their vehicles and blue and black carts aren't left on the road during street sweeping so debris isn't left behind.

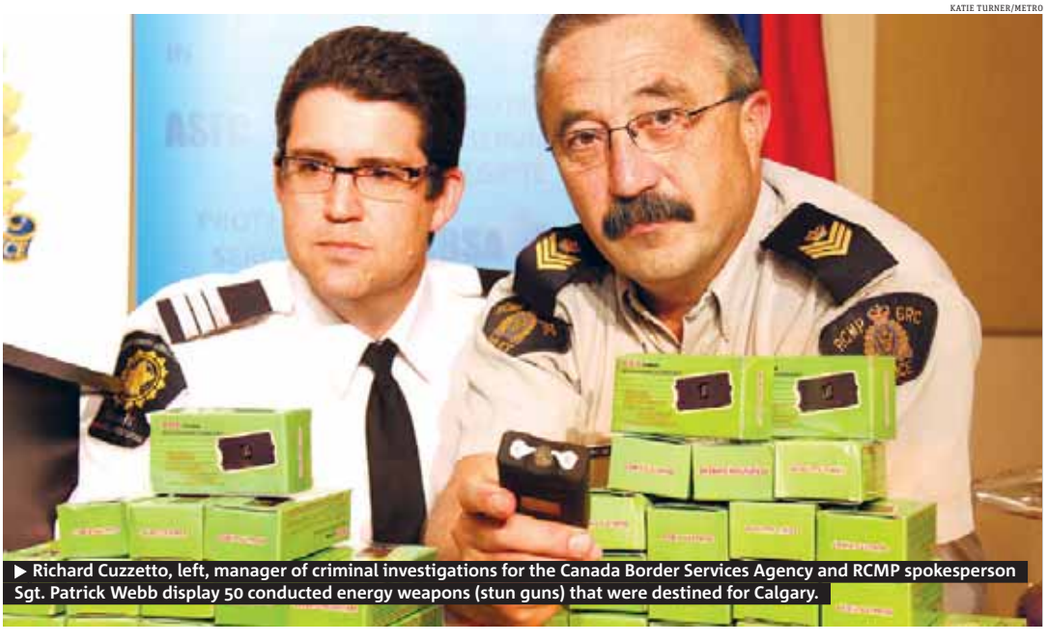
During the spring cleanup, crews will clear an estimated 100,000 tonnes of material from 15,000 lane kilometres of roadway. METRO

## Electricity costs will surge: NDP

Alberta's New Democrats say the provincial government is being wilfully blind to evidence that new power line construction will send electricity bills through the roof.

NDP Leader Brian Mason released a letter yesterday that was sent to the government caucus last fall by two electricity consumer groups warning that a projected $13 billion in new power lines will increase electricity bills by as much as $256 a month — and perhaps more if there are cost overruns. THE CANADIAN PRESS

KATIE TURNER/METRO



▶ Richard Cuzzetto, left, manager of criminal investigations for the Canada Border Services Agency and RCMP spokesperson Sgt. Patrick Webb display 50 conducted energy weapons (stun guns) that were destined for Calgary.

# Stun guns headed for Calgary seized at border

- Largest seizure of this type of weapon in Alberta this year, agency says
- Cash, drugs, drug paraphernalia also seized from southeast home

The RCMP and Canada Border Services Agency have intercepted four shipments of prohibited weapons, including stun guns, which were destined for a Calgary address after being shipped out of China.

Border services staff say the first shipment was discovered in Vancouver at the end of March. The goods were declared as LED lights but instead contained stun guns, brass knuckles and butterfly knives. All are considered prohibited weapons in Canada.

Three other shipments followed, leading to the seizure of a total of 89 prohibited weapons, including 50 stun guns, which can discharge up to 50,000 volts.

"These came out of the box fully charged," said RCMP Sgt. Patrick Webb as the stun guns were fired up and issued sparks and a loud crackle at a news conference yesterday.

"The most important point to remember here is that these are a lot of weapons that are not going to be on the streets of Calgary or the streets of Alberta because there's no way that any one individual would want this type of material," said Webb.

Kyle Gibbons, 20, of Calgary faces 17 charges, including possession of a prohibited weapon for the purpose of trafficking, smuggling and importation of prohibited weapons.

Cameron Powell, 46, also of Calgary, has been charged with possession of a controlled substance.

Police say more charges are pending.

THE CANADIAN PRESS

### Prohibited

- **Sgt. Patrick Webb** said the stun guns would sell for about $100 on the street.
- **Webb said he couldn't say** if the weapons were destined for organized crime, but added they were likely to be used in a bar fight or in the commission of a crime.
- **In the last five years** CBSA has intercepted more than 16,000 prohibited weapons in total, says Richard Cuzzetto, manager of criminal investigations.

1 news

Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting. Scan the code for the story.

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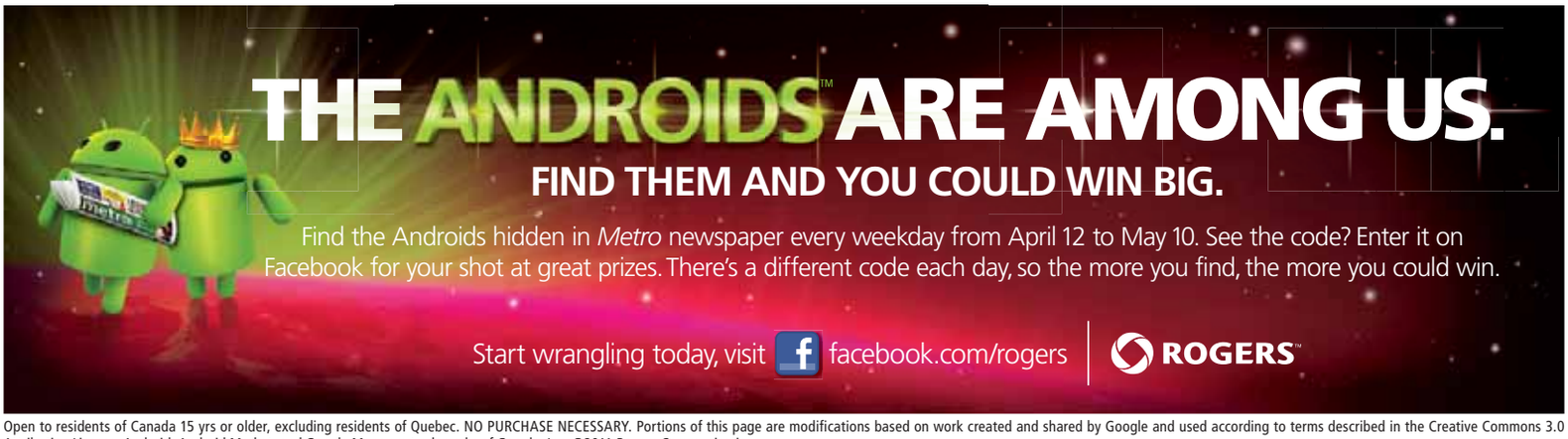
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MEDICAL TECH

## There's an app for docs: Study

Stroke diagnosis is just a tap of an iPhone away, according to a study from the University of Calgary.

The research shows that a doctor can make a diagnosis using an iPhone application with as much accuracy as if it were at a medical computer workstation.

"This iPhone app allows for advanced visualization," said Dr. Ross Mitchell, PhD. "And our studies show it's between 94 per cent and 100 per cent accurate, compared to a medical workstation, for diagnosing acute stroke."

Researchers believe the technology will be useful for rural doctors, because it allows for real-time access to specialists regardless of location.

The study was done using Calgary Scientific Inc.'s ResolutionMD Mobile.

METRO

## Armstrong is coming

Lance Armstrong is expected in Calgary in September to lend his support to the 25th anniversary of the Canadian Breast Cancer Foundation Prairies/NWT Region.

METRO

## New-home rate slows: Report

Housing starts in the Calgary area were down last month as compared to the previous year, according to the Canada Mortgage and Housing Corporation.

METRO

# Police close park to work 'unique' case

SHELLEY WILLIAMSON/METRO

▶ An entrance to a foot path is blocked for a police search in Edmonton's river valley.

### ◗ Four-acre section taped off ◗ Area includes boat launch and portions of Henrietta Muir Edwards Park

Project KARE has sealed off parts of the river valley until tomorrow after determining there may be evidence vital to a case or cases currently before the joint police investigation unit.

Sgt. Tim Taniguchi of the RCMP would not say what cases or elaborate on evidence found leading to closing down parts of Henrietta Muir Edwards Park for a "comprehensive search."

"I would say it's unique," Taniguchi said of the three-day co-ordinated effort, which police say is not tied to the disappearance of Master Cpl. Richard Curnow.

"Information has been obtained and it has pointed in the direction of this park," he added.

**Joint effort**

**Project KARE is a joint task force of the Edmonton Police Service and the RCMP.**

- The task force investigates cases involving high-risk missing persons.
- Dozens of missing persons, including 13 prostitutes, are on the Project KARE docket.

A footbridge from the Muttart Conservatory to the park and between downtown and the park, and pathways from the Edmonton Queen to 96A Street are closed as police teams comb within.

No vehicle routes are affected by the four-acre segment now cordoned off by yellow tape and protected by officers.

Taniguchi, who "was brought into the loop three weeks ago," said the search's timing is related to environmental conditions.

A forensic identification unit, search dogs, RCMP special tactile operations, EPS officers and Project KARE are participating in the search of the rugged terrain, which may be extended if anything's found or if weather hampers efforts. SHELLEY WILLIAMSON

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**Thursday, May 12**
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McKenzie Meadows Golf Course
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Calgary Winter Club
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**Adrenalin.** Seekers

▶ An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough, people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

THE CANADIAN PRESS HANDOUT PHOTO

## CN Tower boasts bucket list thrills

**Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of six to eight thrillseekers to breathtaking views of the city.**

# Hackers favour Canada: Report

**About 80 per cent of cyber scams occur on compromised legitimate web servers, expert says ◐ Most hackers still prefer targeting U.S.**

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the past 12 months, even as most countries saw their numbers decrease, the report suggests.

**"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."**
PATRIK RUNALD, WEBSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

Canada now finds itself second on the list of countries that host the most phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The number of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cybercrime exploits, compared to 13th in a search last year. THE CANADIAN PRESS

# Manitoba flooding forces residents out

A precautionary evacuation affecting thousands of people has been ordered in Manitoba's second largest city as the flood-swollen Assiniboine River rises dangerously close to the top of the city's dikes.

The evacuation notice affects about 900 homes in a widespread area of Brandon known as The Flats.

Mayor Shari Decter Hirst says the evacuation is mandatory and all persons affected have been asked to register with emergency authorities at the city's Keystone Centre. "It's time to go," she said Monday. "We can't be waiting until the last minute. We've got to start moving people out."

City police went door-to-door several weeks ago to warn residents they might have to leave.

"The dike has not burst. There are no sirens, there is no panic," she said.
THE CANADIAN PRESS

**Flood levels**

- **The Assiniboine has** already passed the record level in Brandon set during the flood of 1923, and work continues to raise the dikes.
- **Provincial flood** forecasters have said that between 20 and 50 mm of rain is expected in southern Manitoba over the next few days.

POSTHUMOUS POSTING

## Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than 8 million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of colorectal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife, Airdrie, says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back.

She hopes the blog (penmachine.com) will live on as Miller's digital legacy.
THE CANADIAN PRESS

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# Ship carrying hundreds out of Libya sinks

## Aid workers say a Somali woman lost four-month-old baby in sinking Mother swam to shore for safety

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the UN refugee agency said yesterday, citing witness accounts.

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterward reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

THE ASSOCIATED PRESS

### Escape attempts

- The number of people fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya.
- Many fleeing are foreign workers from sub-Saharan Africa, who were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels in the first weeks of the war.

## Pakistan anger grows over U.S. handling of Osama raid

Pakistan's prime minister defended his nation's military and intelligence services yesterday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

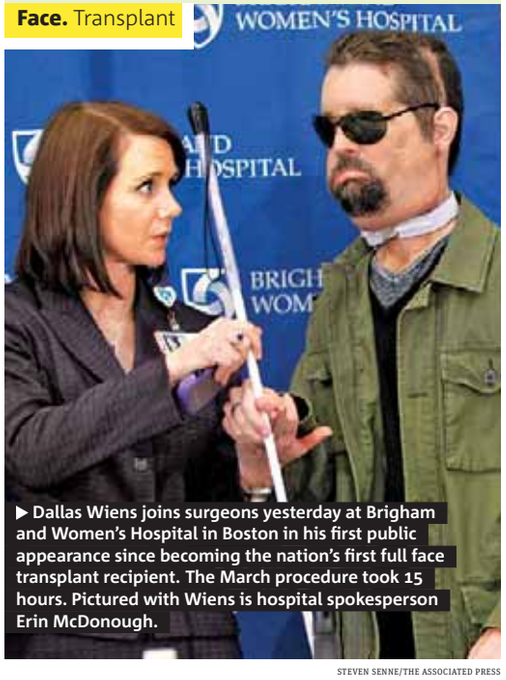
Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief last week, lashed out at allegations Pakistan knew where bin Laden was hiding.

He also warned the U.S. that any unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger over the U.S. in sending navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

THE ASSOCIATED PRESS

**Face.** Transplant




▶ Dallas Wiens joins surgeons yesterday at Brigham and Women's Hospital in Boston in his first public appearance since becoming the nation's first full face transplant recipient. The March procedure took 15 hours. Pictured with Wiens is hospital spokesperson Erin McDonough.

STEVEN SENNE/THE ASSOCIATED PRESS

## New hope for Texas man

**The first thing Dallas Wiens' daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor. Wiens' features were burned away and he was blinded after hitting a power line while painting a church in 2008.**

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| Bangladesh | Iran | Lebanon | Romania | Ukraine | Vietnam |

| | | | | | |
|---|---|---|---|---|---|
| Australia | 1.9 ¢/min | Israel | 1.9 ¢/min | South Korea | 2.9 ¢/min |
| Bosnia | 13.9 ¢/min | Italy | 1.9 ¢/min | Sri Lanka | 9.9 ¢/min |
| China | 1.9 ¢/min | Lebanon | 7.9 ¢/min | Trinidad | 4.9 ¢/min |
| Colombia | from 3.9 ¢/min | Mexico | from 1.9 ¢/min | U.A.E. | 14.9 ¢/min |
| Cuba | 89.9 ¢/min | Pakistan | 5.9 ¢/min | U.K. | 2.9 ¢/min |
| El Salvador | 9.9 ¢/min | Philippines | 11.9 ¢/min | Vietnam | 4.9 ¢/min |
| Germany | 1.9 ¢/min | Poland | 1.9 ¢/min | Serbia | 7.9 ¢/min |
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# Canadian Tire goes on offence

## Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats nationwide

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the $771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

**"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop our stores extensively today for sporting goods."**
**STEPHEN WETMORE, CEO, CANADIAN TIRE**

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a presence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using $500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations covering a wide array of products from gardening tools and golf tees to winter tires.

**THE CANADIAN PRESS**

HANDOUT PHOTO

▶ Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

# Facebook friends spread the news: Study

Facebook is influencing what news gets read online as people use the Internet's most popular hangout to share and recommend content.

That's one of the key findings of a study on the flow of traffic to the Web's 25 largest news destinations. The study was released yesterday by the Pew Research Center's Project for Excellence in Journalism based in Washington, D.C.

Facebook was responsible for three per cent of traffic to the 21 news sites that allowed data to be tracked, study co-author Amy Mitchell said. Five of the sites got six to eight per cent of their readers from Facebook.

The referrals typically came from links posted by friends on the Facebook site or from the ubiquitous "like" buttons.

The Facebook effect is small compared with Google's clout. Google Inc.'s dominant search engine supplies about 30 per cent of traffic to the top news sites, the Pew report says.

But Facebook and other social-networking sharing tools, such as Addthis.com, are empowering people to rely on their online social circles to point out interesting content. By contrast, Google uses an automated formula to help people find news.

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ They share fave raves and pet peeves, so it's no surprise that Facebook "friends" are sharing online news links.

Facebook is at the forefront of this shift because it has more than 500 million users worldwide, far more than any other Internet service built for socializing and sharing.

"If searching for the news was the most important development of the last decade, sharing the news may be among the most important of the next," the Pew report says.

Meanwhile, major news sites are getting less than one per cent of their traffic from Twitter, even though it had about 175 million accounts last year.

The Drudge Report, a site started during the 1990s, is a far more significant traffic source for news sites than Twitter, the study says.

**THE ASSOCIATED PRESS**

## Market moment

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar |
|---|---|
| + 110.53 (13,677.13) | + 0.37¢ (103.78¢ US) |

| Oil | Natural gas 1,000 cu ft |
|---|---|
| + $5.37 US ($102.55 US) | $4.223 US (– 8.1¢ US) |

Gold contracts $1,503.20 US (+ $11.60 US)

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# QUIT KICKING THE SEAT IN FRONT OF YOU

## SHE SAYS ...

JESSICA NAPIER
METRO

Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

**1** Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

**2** Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

**3** Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

**4** Shower.

**5** Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder and don't you dare try to strike up a conversation against their will.

**"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."**

**6** When your knee is touching my knee it's awkward. Stop pretending you don't notice.

**7** If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

**8** Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

**9** Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

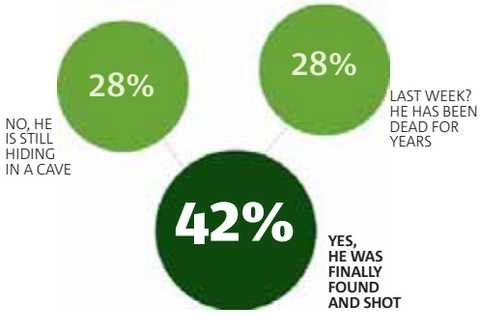
**10** Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**metro life panel** **Register at metrolifepanel.ca and take the quick poll**

**Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?**




## Local tweets

- **@Candice Malcolm:** Nice to see @ezral-evant's Ethical Oil in such a prominent display @ Indigo in #yyc It is a quick read and a must read book! #alberta #oil
- **@thelipreader:** It's so dry here, my damn eyeballs feel like the Sahara! #yyc
- **@MsJodyM:** Didn't get outside at lunch today — will have to sneak away for a latte later ... it looks beautiful out there in #yyc!
- **@brycebravo:** Sun tanning in 6 degree weather, I must be a true calgarian #yyc #gtl
- **@globaldish:** Question: Why is it almost $400 to fly roundtrip from #YYC to #YVR? It's a one hour flight!
- **@zen4tune:** dear #yyc, why don't our roads last more than 1 winter? i'm not sure there are enough closed lanes & detours. fr ppl that leave their houses
- **@BritneyIris:** Ready for summer to start! Bring on the rays #yyc!
- **@MissKoepke:** I love little old Italian men that fix my expensive boots in a couple days. #tonysshoerepair in #yyc is the best

## Worth mentioning

**JAKARTA, INDONESIA.** Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

## Cartoon by Michael de Adder

IF WE ALL GOT OUR NEWS FROM FACEBOOK:
Facebook
Woman goes from "In a relationship" to "It's complicated"
11 friends think you're hot
MAN RUINS CHANCES OF GETTING A JOB
5 people like this
Like
Flooding in Farmville
This just in: Poke!
metro

WEIRD NEWS

# Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. ● METRO

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# Maya doesn't need any baby advice

**Comedienne reunites with SNL pal Wiig for Bridesmaids Rudolph pregnant with her third child, but is keeping busy on and off the set**

NED EHRBAR
SCENE@METRONEWS.CA
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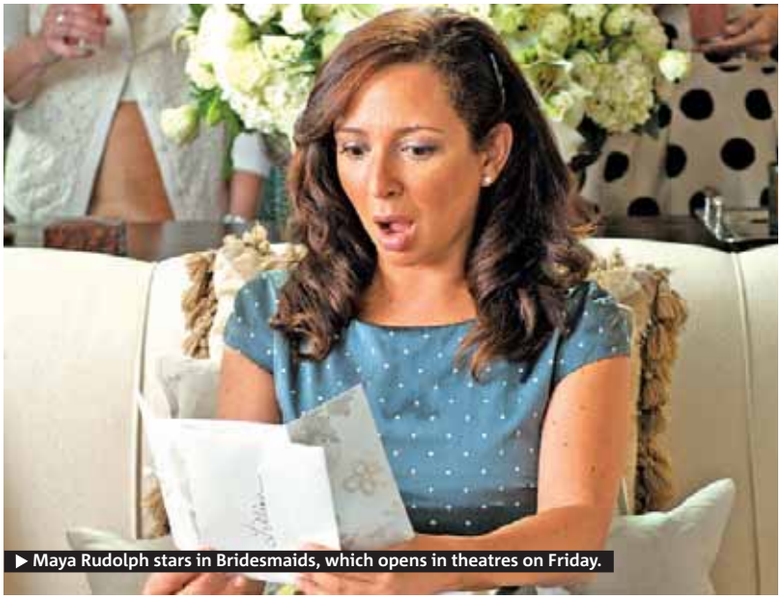


▶ Maya Rudolph stars in Bridesmaids, which opens in theatres on Friday.

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, Bridesmaids, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.

**How was it teaming up with Kristen Wiig again?**

It's very easy to work with her, and I happen to like her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

**What sort of comedy do you gravitate toward in picking projects?**

I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

**Are you still getting stupid questions with this pregnancy?**

I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when you're pregnant.

**Have you ever had a wedding experience as crazy as the one in the movie?**

Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

**What do you get recognized for the most?**

These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

## DVD Releases this week

**Buy it** | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

### Breaking up done right

**Blue Valentine**
**Genre:** Drama
**Director:** Derek Cianfrance
**Stars:** Ryan Gosling, Michelle Williams
●●●●½

We say that a marriage "breaks" when couples are no longer united, but often it's not as decisive as that.

More commonly, dissolution is a process of erosion: of love, of trust, of patience. It's this slow marital wearing down that Derek Cianfrance brings so heartbreakingly to the screen, aided by rich performances from Michelle Williams and Ryan Gosling.

Titled for an old Tom Waits tune, one whose lyrics lament "half forgotten dreams/ Like a pebble in my shoe," the film proceeds in what feels like real time, but with no obvious beginning or end. It's a latticework of moments happy and sad.

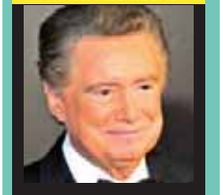
Mostly sad. Cianfrance shows us enough of the good times to infer what brought Williams' Cindy and Gosling's Dean together, even though it was immediately evident that their personalities didn't mesh.

Something happened, but not suddenly. Cindy and Dean added a few years and pounds, and gained a beautiful daughter named Frankie (Faith Wladyka), but they also lost a few dreams.

PETER HOWELL

## 2 scene

### Scene in brief



Regis Philbin is ready for a new chapter. The retiring star of Live! With Regis and Kelly has a memoir coming this fall, It Books announced yesterday.

Philbin, 79, will reflect on his decades-long television career, including stories about Live! co-host Kelly Ripa and her predecessor Kathie Lee Gifford and such celebrities as Jack Nicholson, George Clooney and Jerry Seinfeld. The memoir is currently untitled.

In a statement released by the publisher Philbin called the book a "valedictory" and a "personal thank-you," especially to his fans.

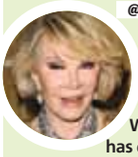
THE ASSOCIATED PRESS

New Mark Burnett reality series, Hiccups, Dan for Mayor among CTV's summer lineup

## Celebrity tweets

@chrisrock
Is it bad to go to McDonalds after the gym?

@EllenPage
Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts



@Joan_Rivers
In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.

@BillyCrystal
If we didn't evolve opposable thumbs, would we still be able to text?

# Cheeky little lies told by Pattinson

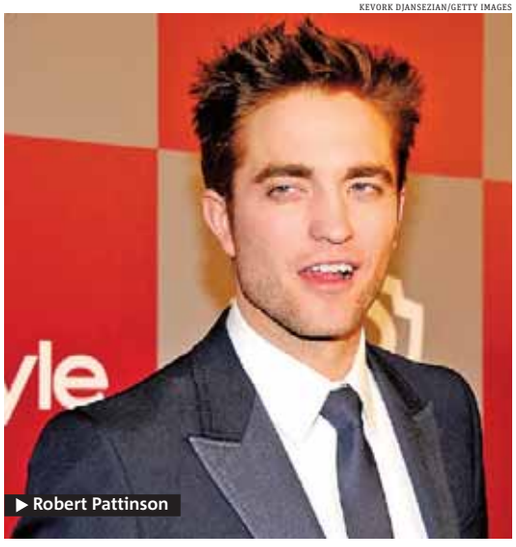
### Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

METRO

KEVORK DJANSEZIAN/GETTY IMAGES



Robert Pattinson

# Bieber is a 'brat,' says CSI star

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber.

"I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table."

METRO

Justin Bieber

# No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting $5 million to shoot a single scene in one of their productions, according to TMZ. The company also offered $1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded.

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CHRIS PIZZELLO/THE ASSOCIATED PRESS

Reese Witherspoon

# Reese's hubby not used to spotlight

Reese Witherspoon admits her new husband, Jim Toth, is having trouble adjusting to being married to an A-list actress.

"He thinks it's totally bizarre," she says, according to Hollyscoop, adding that the constant paparazzi attention — even when Witherspoon isn't with him — makes him really uncomfortable.

But that doesn't mean it's easier to be married to someone who isn't an actress.

"I wouldn't say it's easier," she says.

"Every relationship has its own dynamic. But it helps that he understands what I do for a living."

METRO

ISTOCK PHOTOS

▶ Nuts can give you that feeling of fullness and help prevent overeating.

# You could go nuts trying to lose weight

## Harvard newsletter reports eating nuts twice a week may help people avoid weight gain

CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal.

**"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."**
KIM ARREY

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols.

They are great sources of antioxidants, with walnuts getting the highest grade.

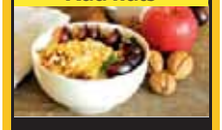
A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain.

For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from overeating at lunch.

Make sure you eat raw and organic nuts instead of roasted and salted to get the healthiest options. Also, drink lots of water to help feel fuller.

3 life

**Add nuts**



How to add nuts to eat day's meal. Breakfast: Add nuts to your cereal, or to a smoothie. Snack: Take them to work and add them to yogurt or dried fruit for a snack. Lunch: Sprinkle some nuts on salads for added crunch. Dinner: Add nuts to pasta sauce or use them to make a crust for fish.
CELIA MILNE

Aneurysms rare, but researchers search for what might trigger rupture

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**Skinemies**

**The thing your skin hates you most for exposing it to.**

**1** Sugar: It's downright terrible as it creates a chemical reaction called 'glycation' that breaks down collagen and degenerates skin.

# Don't fear the pin prick

## John Tsagaris and his beauty acupuncture technique works for many

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ This technique really gets to the point.

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on the face (up to 180) and penetrating all layers of the skin, we are releasing huge chemical reactions and ultimately changing the skin's architecture, addressing the loss of facial volume and preventing the formation of wrinkles and fine lines."

"If you go lifting weights in the gym, the next day you will be in pain as what you have torn and broken muscle fibres" continues Tsagaris. "The body is designed to prevent further injury by self-improving itself so after a day or two, the broken fibres will be replaced by bulkier ones as your body prevents further injury by self improving itself."

With acupuncture, the needles going into the face trigger the skin to go into healing mode. Inserting them breaks down old, dry and dehydrated collagen fibres and the skin responds by sending tremendous amounts of anti inflammatory agents, oxygen, red and white blood cells to cope with the injury.

On a mechanical level, acupuncture reconstructs the fibre network of the skin and enables the broken fibres to be replaces with plumper ones to protect from injury. It also boosts the production of collagen to tighten and smooth the skin, creating a firm and radiant complexion and enhancing skin tone.

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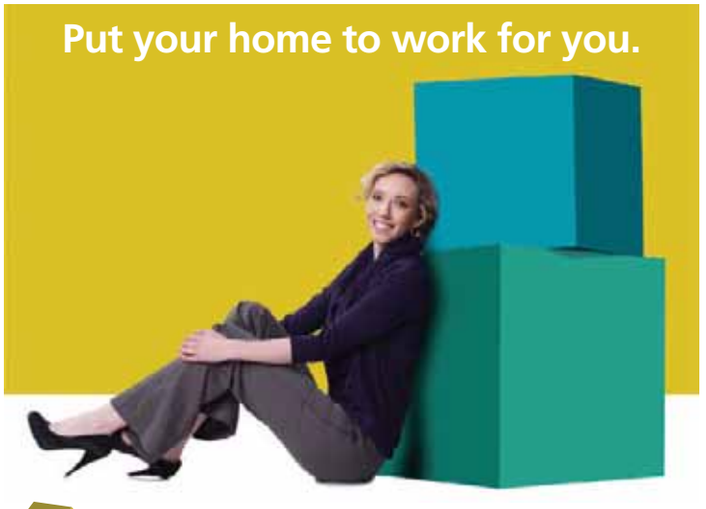
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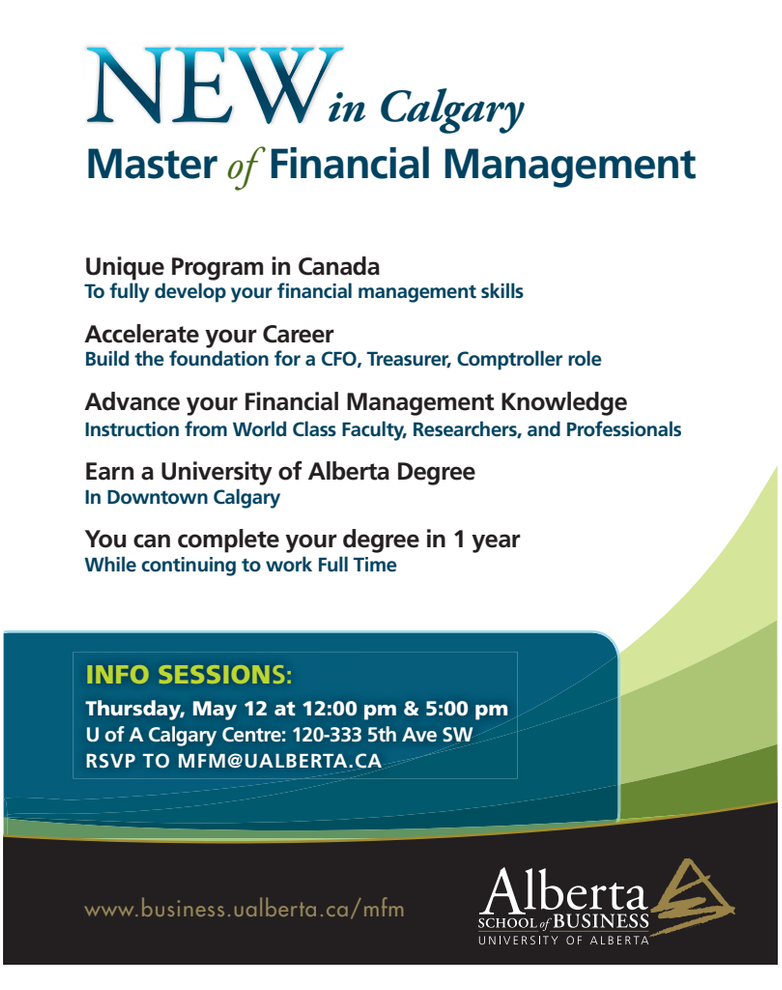
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CONTRIBUTED

▶ Samir and Diana met at the University of Ottawa.

# PRINT CARD LOVE

**Names:**
**Samir, 26, and Diana, 26**

**Hometown:**
**Ottawa**

**Together since:**
**2005**

**Their story:**

My husband (Samir) and I met at the University of Ottawa, where we were both students at the Telfer School of Management.

One afternoon, I was in the library, working on a term paper, when Samir approached me and asked if I had a print card he could use.

I had never spoken to or seen him before, but let me tell you, he was cute! So I gave him my card and my number and asked him to call me when he was ready to return my card. (Smooth, eh?)

It worked! The next day, Samir called and asked me out on a date. We were married in June 2009 and are still going strong!

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# 'YOUR MOM IS YOUR MOM'

## TWO SISTERS

**ANDREA & CLAIRE**
RELATIONSHIPS@METRONEWS.CA

**My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?**

**Andrea:** Dear Mommy Not Dearest,

I'd wish you a happy belated Mother's Day, but it feels like I'd be wishing you "Happy Massive Baggage Day." The fact is that your mom is your mom. You can't return her to the manufacturer when she's defective. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in positions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. If she's anything like my mom, don't let her near sharp objects or operate heavy machinery. Instead, set yourself up for good memories. Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

**Claire:** Dear Mommy Not Dearest,

You've summed up what it is to be an adult: we can see people's faults as clearly as we can see that we are powerless to change them.

Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm.

Second, explain to your mother the main things that bother you about her behaviour.

Third, prepare for her to ignore you.

Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

Sometimes altering your behaviour is enough to alter the dynamic between you.

And if not, limit the duration of her visits so that you can put aside your grievances long enough to show your child what she can look forward to dealing with one day ... with you.

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES. EMAIL YOUR QUESTIONS TO THE SISTERS AT RELATIONSHIPS@METRONEWS.CA**


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- Assist in the collection of accounts when necessary
- Comprehensive knowledge of interactive products and opportunities

**REQUIREMENTS OF THE POSITION:**

- Post secondary degree or diploma in a related field preferred
- At least 3 yrs experience in retail sales, media sales is an asset
- Valid drivers license and a vehicle
- Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
- Attention to detail and thoroughness in the execution of tasks
- Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
- Strong communication abilities: writing, presentation and design
- Proven track record in profitable selling

**Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 20, 2011. PLEASE QUOTE: "Retail Sales Account Manager - Calgary" in the subject line. All submissions will be treated as confidential.**

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# SCREWED IS THE WRONG WORD

## FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed. His catchy title has shone a light on the dismal financial situation of the average Canadian 30-something.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed. Perhaps challenged; but certainly not hopeless.

651481

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education. Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Consolidate unruly lines of credit into a traditional fixed rate mortgage while taking advantage of historically low interest rates. Lines of credit are masked as good debt, but they often cover up systemic overspending problems.

# Marrying your money

## ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other has, their income, retirement provisions or even whether or not they are current with their bills.

**Sad statistic**

48 per cent of Canadian marriages end in divorce.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

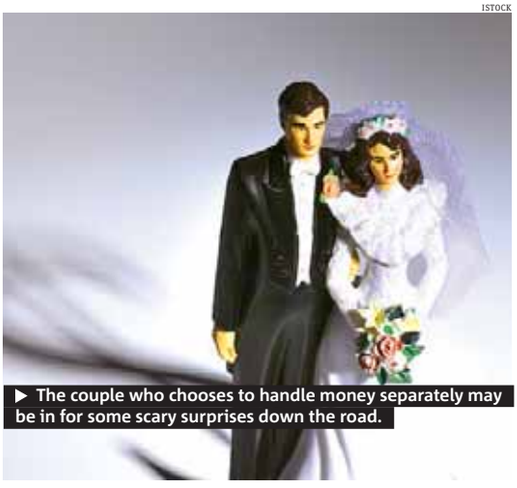
If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

At it's extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a traveling salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

ISTOCK



▶ The couple who chooses to handle money separately may be in for some scary surprises down the road.

On another occasion, the wife, though working at a good job, was secretly using pay day loans each week because she'd fallen so far behind in her credit card payments.

Result: They worked on it and are on the road to solvency, but not without a lot of mutual pain and sacrifice.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

That way you both know what is going on with shared expenses and debt.

# A plan for your pennies leads to relaxation

It's summertime at the family cottage and the living is easy — for now. Owning a vacation property can present some important estate questions that you should consider to avoid a nasty tax bill in the future.

- Have you included the cottage into your estate plan?
- Will it become your retirement home or will you sell it to the kids?
- Have you considered who will be responsible for paying its property and estate taxes after you're gone?

If you haven't addressed these issues yet, here's some tips to get started:

**Make the cottage your principal property:** As with most investments, the real estate value of a cottage increases over time. The difference between the cottage's purchase price and the final sale will generate a capital gains tax when it's inherited, sold or gifted to children and/or heirs. The CRA capital gains rule states that the profit or capital gain related to the transfer of ownership of the property should be taxed at 50 per cent, payable immediately. One way around this is to sell the family home and declare the cottage as the primary residence. What's interesting about this option is that the taxman will grant you a "principal residence exemption" even if you only live at the cottage for short periods.

**Transferring the cottage to the kids and/or heirs:** One way of protecting your family from the burden of the capital gains tax is by purchasing a life insurance policy. Since many older people in their 70s and 80s can't be insured, this insurance policy would be managed by the kids and/or heirs. Generally, the annual cost is affordable but this is finally determined by the insured's age and health. When both parents die, the insurance proceeds will be used to pay for the capital gain tax. NEWS CANADA

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# Selkirk Grille has good food, great atmosphere

## Historic ambiance makes for a different dining experience

LUNCH RUSH

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BLAINE SCHLECHTER

▶ Double Smoked Bacon and Wild Mushroom Flatbread Pizza

Vintage cars, old gasoline pumps and classic auto signs are all part of the fantastic ambiance offered by my next stop — the Selkirk Grille. While the restaurant is a part of the Heritage Park Historical Village, no admission is needed to enjoy the Selkirk Grille as it is conveniently located in the recently revamped Heritage Town Square, adjacent to the parking lot.

After perusing the lunch menu options I went for the Double Smoked Bacon and Wild Mushroom Flatbread pizza ($17). The size was just right for lunch and the food was good ... I wouldn't say great, but definitely good. What was great, and the reason I would come back, was the fun atmosphere of the restaurant.

Looking out the window and watching the kids run around the Town Square as their grandparents reminisce made for a feel-good lunch experience. Surrounded by history and near unique little shops, I would recommend Selkirk grille for something a little different.

**Selkirk Grille**
**1900 Heritage Drive SW**
**403-268-8607**
**www.heritagepark.ca**
**Price Range: $7 - $19**
**Licensed: Yes**
**Reservations: Yes**
**Rating – 3 out of 5**

THE CANADIAN PRESS/ HO

## Chipotle apricot cream cheese spread

Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

### Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (1254 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

### Preparation:

1. Spread cream cheese spread onto bottom of small pie plate.
2. In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.
3. Stir in onion; spread over cream cheese.

THE CANADIAN PRESS

# Energy to start their day

Get the day off to a nutritious start for your schoolbound kids and serve them this yummy muesli. The secret to this is apples and wild blueberries, which perk up the cereal and oatmeal.

### Preparation:

1. Defrost wild blueberries.
2. Roast oatmeal for about 3 minutes in oven.
3. Clean and core apples. Cut 8 slices for garnish and cut remainder into small cubes, about 5 mm (1/4 inch).
4. Mix cereals together and divide evenly among 4 bowls. Fill each bowl with 1/4 of the milk.
5. Place blueberries, almonds and apple over cereal. Garnish each serving with a dollop of yogurt (about 30 ml/2 tbsp) and apple slices. May be kept in an airtight container for future breakfasts. Makes 4 servings. THE CANADIAN PRESS

### Ingredients:

- 500 ml (2 cups) frozen wild blueberries
- 250 ml (1 cup) oatmeal (uncooked)
- 2 apples
- 75 ml (1/3 cup) toasted almond slices or pieces
- 750 ml (3 cups) wheat or bran flakes
- 500 ml (2 cups) skim or low-fat milk
- Yogurt, for garnish

THE CANADIAN PRESS/ HO

▶ Apple and wild blueberry muesli.

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# LEARNING CURVE

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# Listen to your mom — giving back pays off

## U of C profs get $100,000 from Bill and Melinda Gates

**Bow Valley student takes her mother's advice**

Dan (Cindy) Yu was awarded the Academic Excellence Award this term in addition to a Life of Learning Award from Calgary Learns in April for achieving outstanding results in her non-credit English as a second language program at Bow Valley College.

Yu came to Calgary with her family from China a year ago. In China, she was a university language instructor and an avid volunteer. She said that while volunteerism is not common in China, her mother instilled in her at an early age the belief that she should give back whenever she could. She lives by her mother's advice.

She started as a classroom assistant at Calgary Immigrant Women's Association and later become a civic engagement facilitator. She organizes the book room at the Drop-In and Rehab Centre on Sundays and also works with youth through the Calgary Bridge program.

**See Alberta College of Art + Design winners at The Bow**

The Alberta College of Art + Design, in conjunction with Encana Corporation, is pleased to announce the winners of the The Bow: Emerging Artist Project. This special-juried competition was an opportunity for students at ACAD to create work with the hope of showcasing it at The Bow, a new landmark highrise in downtown Calgary that will be home to Encana.

More than 130 emerging artists participated, and after an in-depth jury process, 13 winning works of art were selected and they will be showcased in The Bow

.

## High art: ACAD students' work to debut in The Bow

**University of Calgary researchers look into the toilet — and win grant**

Two University of Calgary researchers have won a $100,000 grant from the Bill & Melinda Gates Foundation. Ian Gates and Michael Kallos, associate professors in chemical engineering at the University of Calgary Schulich School of Engineering, are looking at turning human excrement into a range of useful products. Their project was one of 88 worldwide to receive $100,000 US from the foundation's Grand Challenges Explorations grant for groundbreaking research in global health and development.

"These grants are meant to spur on new discoveries that could ultimately save millions of lives," said Chris Wilson, director of Global Health Discovery at the Bill & Melinda Gates Foundation.

METRO NEWS

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DeVry Institute of Technology

# Your guide to looking good for grad

- With a little planning, fashion and function can shake hands on grad day
- Consider these tips for what to wear on your big day

MARISA BARATTA
TALENTEGG.CA

The big day is finally here. Several stress-out sessions and too many exams later, you are finally graduating! Congratulations!

Having used up so much brain power on completing your studies, just the thought of figuring out what to wear to convocation can sap your remaining energy.

The key? Dress up, but be comfortable (and follow your school dress code, if there is one). Guys, you will regret not going for the tie and, girls, those super tall heels — although they make your legs look great — aren't worth the trip (the one you'll likely make across the stage).

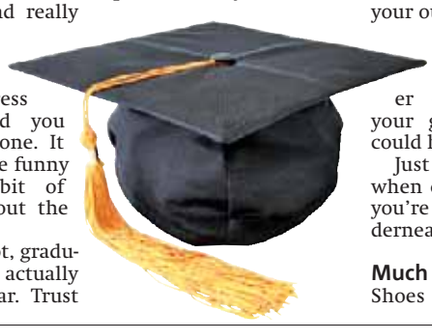
### What to wear?

Gents, it is recommended you wear a tie for your graduation portrait, and the logic remains for graduation.

Having that tie popping out of the top of your robe adds a dash of sophistication and really tops off the look.

Ladies, be mindful of the length of your dress or skirt, should you choose to wear one. It might look a little funny to have that bit of colour peeping out the end of your robe.

Believe it or not, graduation robes are actually quite fun to wear. Trust me, you'll look good in one!



### Location, location, location

If your convocation is being held outdoors, some extra considerations need to be made.

For one, those black robes can really heat up in a non-air-conditioned space, so try to wear something light and airy underneath.

Also, you may be crossing a lawn to get to your seat, so be mindful of just how clean and new those heels are (you may find yourself sinking into the earth now and then).

An icky question to consider: will your grad robe leak colour onto your outfit?

Depending on the robe's materials and the weather conditions during your grad ceremony, it could happen.

Just be aware of this when choosing the outfit you're going to wear underneath.

### Much ado about shoes

Shoes are probably the most focused-upon aspect of graduation wear.

After all, they're the only part of your outfit that's visible beneath your gown.

For the gentlemen out there, a nice pair of black shoes should do the trick. Sorry, but running shoes or sandals definitely won't cover it!

Ladies, a fancy pair of flip flops may slide under the radar, but this is your big day, so spring for a more formal pair of shoes.

Opting out of heels is acceptable (your pretty flats will look and feel good), but if you do wear heels, breeze past that really tall, uncomfortable pair and find something you can confidently walk in. You only get a few seconds on stage and you want to make the best of them!

### Hair care

Careful if you put your hair up or spring for spikes. Will the graduation cap really fit over that beautiful but thick bun? No.

And don't go all out on the hair around your scalp because no one is

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▶ Rocking a cap and gown takes style, but you don't want to go over board.

going to see it, and when they do, it will be after two hours of being shoved under a hat.

My fellow curly-haired maidens, you have a situation before you.

If your hair curls from the roots, your top curls may be flattened by the graduation cap, resulting in flat hair on top and a wiry, I-just-got-electrocuted look on the bottom, so whip out your high school grad cap (if you didn't throw it up at the end of the ceremony before realizing you might never find it again) and test out the look.

That's not to say you have to straighten your hair, either.

My curls form about halfway down my hair, and speaking from my own convocation experience, the cap conforms quite nicely.

### Your moment to shine

The best thing you can wear on your big day is light semi-formal attire, comfortable matching shoes and a big, bright smile.

You want to look back on this day and think, I had a good time and I looked good doing it, too!

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UNIVERSITY CANADA WEST

# It's important to stay social post-grad

**Extra-curricular activities build character and enhance your resumé**
**Environment, sports, charities — search for a cause you believe in**

SASHA RANA
TALENTEGG.CA

Faculty clubs. Athletic events. Social committees. Pub night fundraisers. Campus newspapers. There are so many possibilities for students to get involved in extra-curricular activities.

Once you walk across that stage to accept your degree or diploma, those opportunities on campus are left behind.

But these types of personal endeavours remain important — they're character builders and they enhance your resumé and show you are a well-rounded individual. Here are some great ways to get involved in your community.

- Browse charity websites that represent a cause you believe in to see what volunteer initiatives are available: World Wildlife Fund, Canadian Cancer Society, local Humane Society or other pet rescue organization.
- Pick up pamphlets that advertise major fundraising events and participate in them. Think Terry Fox Run or CIBC Run for the Cure. It's all about raising money for a great cause and getting a workout.
- Check out your local YMCA or community centre to see which intramural sports teams are accepting new members.

ISTOCK

▶ Volunteering experience can show an employer that you are a well-rounded individual.

- Research volunteering websites to see what openings might be a suitable fit for you. Habitat.ca is one example.
- Search for volunteer opportunities on career websites (like TalentEgg.ca).

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## News in brief

### Bow Valley gets LOLA

**LEARNING.** Denise Theunissen, learning specialist for Learner Success Services at Bow Valley College (BVC), won the Life of Learning Award (LOLA) from Calgary Learns for her innovative contributions to the promotion, advancement, and development of lifelong learning in Calgary.

"We are so proud of Denise for receiving the LOLA award," says Erin James, an assistant learning specialist who works closely with Theunissen. "By the end of her speech, I'm sure the audience could appreciate why Bow Valley College plays such an important role in learning in our community."

Theunissen has worked on a number of innovative projects at BVC involving assistive computer technologies for those with disabilities and creating learner access. METRO

### Mount Royal gets to podium

**BUSINESS.** Mount Royal University business students cooked up a recipe for success and placed second and third at the third annual Certified Management Accountants Alberta Board Governance Case Competition, held in Calgary.

The competition brings together 15 teams from post-secondary institutions across Alberta. Teams have six hours to develop business plans in response to organizational issues based on governance.

Mount Royal's teams were made up of students in the Bachelor of Business Administration program. METRO

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July 11 to 29, 2011
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- Grades 1-9 Summer School (Curriculum-based)
- Summer Camp (Grades 1 - 6 only)
- Afternoon Programs (Grades 7 - 9) July 11 to 29
- Gifted Programs (Grades 1 - 9) July 11 to 22

Summer Band Workshop
August 22 - 26, 2011
- Calgary Regional Summer Band Workshop
- 2011 Sounds of Summer Percussion Workshop

**Celtics.** On the ropes

▶ Boston Celtics guard Ray Allen looks to pass as Miami's Mike Bibby and Chris Bosh defend last night.

THE ASSOCIATED PRESS

## Miami turns up Heat in overtime, taking a 3-1 series lead

**LeBron James scored 35 points and grabbed 14 rebounds to lead Miami to a 98-90 overtime victory over the Boston Celtics last night and give the Heat a 3-1 lead in the Eastern Conference semifinals.**
**Dwyane Wade scored 28 with nine rebounds and Chris Bosh had 20 points and 12 rebounds for Miami, which could eliminate the defending conference champions and advance to the East finals with a victory in Game 5 in Miami tomorrow night. James, Wade and Bosh scored 83 of Miami's 98 points and had 35 of its 45 rebounds.**

# An uphill battle

### Hec Crighton Trophy winner Brad Sinopoli only wants a shot to play with Stampeders

No one is more surprised to be a Calgary Stampeder than Brad Sinopoli.

The Ottawa Gee Gees quarterback heard precious little from the Stampeders before the CFL Canadian college draft. So he was more than just a little stunned when Calgary took him in the fourth round, 29th overall, Sunday.

"To be honest, I kind of ruled them out in terms of who might be interested," Sinopoli said yesterday. "That's because I didn't really have much contact with them.

"I was very surprised indeed."

Sinopoli enjoyed a stellar 2010 season, capturing the Hec Crighton Trophy as Canadian university football's top player. He led the CIS with 2,756 yards passing and 22 TD strikes — both school records — and was Ottawa's rushing leader with 534 yards on 42 carries for a staggering 12.7-yard average.

**"When it comes down to it, I don't think of myself as being Canadian and having extra pressure."**
BRAD SINOPOLI, CALGARY DRAFT PICK

But the six-foot-four, 210-pound native of Peterborough, Ont., faces an uphill battle becoming a CFL player because Canadian quarterbacks are a rarity. They must beat out Americans who've not only played the position longer but received solid coaching throughout their careers and gained invaluable experience playing at big-name NCAA programs.

Presently, CFL game-day rosters consist of 42 players. Twenty are Canadian, 16 are American and another three are called designated imports, players who can play special teams and sub for another American. The final three spots are for quarterbacks of any nationality.

Last season, Danny Brannagan of Burlington, Ont., the 2009 CIS MVP, was the CFL's lone Canadian-born quarterback.

THE CANADIAN PRESS

## Canada yet to lose at IIHF tourney

Rick Nash and his Canadian teammates have earned an early date with Russia at the IIHF World Hockey Championship.

The big winger tipped home the winning goal with less than eight minutes to play yesterday as Canada edged Sweden 3-2 to complete a perfect 6-0 run through the round-robin portion of the event.

THE CANADIAN PRESS

## Cyclist dies in crash at Giro d'Italia

Belgian cyclist Wouter Weylandt was killed yesterday in a high-speed downhill crash during the third stage of the Giro d'Italia.

THE ASSOCIATED PRESS

## Mariners cut Bradley loose

The Seattle Mariners have cut slumping outfielder Milton Bradley and his $12-million salary.

The Mariners designated the often-troubled outfielder for assignment on yesterday. The 33-year-old Bradley was hitting .218 with two home runs and 13 RBIs in 28 games.

Seattle also cut utility player Ryan Langerhans.

THE ASSOCIATED PRESS

4 sports

**Quoted**

**"They just played harder, getting to loose balls, second effort, chasing balls down."**
CHICAGO BULLS GUARD DERRICK ROSE ON THE ATLANTA HAWKS, WHO HAVE TIED THE EASTERN CONFERENCE SEMIFINALS 2-2.

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# NATIONAL HOCKEY LEAGUE

## PLAYOFFS

**All times Eastern**

### CONFERENCE SEMI-FINALS

(Best-of-7 series)

### EASTERN CONFERENCE

**WASHINGTON VS. TAMPA BAY**
**(Tampa Bay wins 4-0)**
**PHILADELPHIA VS. BOSTON**
**(Boston wins 4-0)**

### WESTERN CONFERENCE

**VANCOUVER VS. NASHVILLE**
**(Vancouver wins 4-2)**
**Last night's result**
Vancouver 2 Nashville 1
**SAN JOSE VS. DETROIT**
**(San Jose leads 3-2)**
**Sunday's result**
Detroit 4 San Jose 3
**Tonight's game**
San Jose at Detroit, 8 p.m.
**Thursday's game**
x-Detroit at San Jose, 9 p.m.
**x — if necessary.**

### CANUCKS 2, PREDATORS 1

**First Period**
1. Vancouver, Raymond 1 (Kesler) 7:45
2. Vancouver, D.Sedin 6 (Kesler, H.Sedin) 9:28 (pp)
**Penalties** — H.Sedin Vcr (high-sticking) 0:50, Kesler Vcr (goaltender interference), Bieksa Vcr, Weber Nash (roughing) 4:33, Tootoo Nash (unsportsmanlike conduct) 8:52, Edler Vcr (cross-checking) 11:25, Erat Nash (tripping) 11:54, Higgins Vcr (slashing) 16:11.
**Second Period**
3. Nashville, Legwand 6 (Ward, Kostitsyn) 3:31
**Penalties** — Erat Nash (interference) 8:09, Torres Vcr (tripping) 17:43.
**Third Period** — No Scoring.
**Penalties** — None.
**Shots**

| | | | | |
|---|---|---|---|---|
| Vancouver | 7 | 2 | 10 | —19 |
| Nashville | 11 | 7 | 6 | —24 |

**Goal** — Vancouver: Luongo (W,8-5-0); Nashville: Rinne (L,6-6-0). **Power plays (goals-chances)** — Vancouver: 1-3; Nashville: 0-5. **Referees** — Steve Kozari, Stephen Walkom. **Linesmen** — Greg Devorski, Jean Morin. **Att.** — 17,113 (17,113) at Nashville, Tenn.

### SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Kesler, Vcr | 5 | 10 | 15 |
| Ward, Nash | 7 | 6 | 13 |
| St. Louis, TB | 6 | 7 | 13 |
| Clowe, SJ | 4 | 9 | 13 |
| Datsyuk, Det | 3 | 10 | 13 |
| Lecavalier, TB | 5 | 7 | 12 |
| P.Bergeron, Bos | 2 | 10 | 12 |
| Downie, TB | 2 | 10 | 12 |
| Giroux, Pha | 1 | 11 | 12 |
| Marchand, Bos | 5 | 6 | 11 |
| Purcell, TB | 1 | 10 | 11 |
| D.Sedin, Vcr | 6 | 4 | 10 |
| Horton, Bos | 5 | 5 | 10 |
| Krejci, Bos | 5 | 5 | 10 |
| Ovechkin, Wash | 5 | 5 | 10 |
| Couture, SJ | 4 | 6 | 10 |
| Cammalleri, Mtl | 3 | 7 | 10 |
| J.Thornton, SJ | 2 | 8 | 10 |
| Briere, Pha | 7 | 2 | 9 |
| Legwand, Nash | 6 | 3 | 9 |
| Boyle, SJ | 2 | 7 | 9 |
| Ehrhoff, Vcr | 2 | 7 | 9 |
| H.Sedin, Vcr | 1 | 8 | 9 |
| Bergenheim, TB | 7 | 1 | 8 |
| Burrows, Vcr | 4 | 4 | 8 |
| Lidstrom, Det | 4 | 4 | 8 |
| Moore, TB | 2 | 6 | 8 |
| Perry, Ana | 2 | 6 | 8 |
| van Riemsdyk, Pha | 7 | 0 | 7 |
| Selanne, Ana | 6 | 1 | 7 |
| Pavelski, SJ | 5 | 2 | 7 |
| Kelly, Bos | 4 | 3 | 7 |
| Fisher, Nash | 3 | 4 | 7 |
| Heatley, SJ | 3 | 4 | 7 |
| Holmstrom, Det | 3 | 4 | 7 |
| Gagne, TB | 2 | 5 | 7 |
| Recchi, Bos | 2 | 5 | 7 |
| Gragnani, Buf | 1 | 6 | 7 |
| S.Koivu, Ana | 1 | 6 | 7 |
| Laich, Wash | 1 | 6 | 7 |
| M.Richards, Pha | 1 | 6 | 7 |
| Wellwood, SJ | 1 | 6 | 7 |
| Setoguchi, SJ | 5 | 1 | 6 |
| Keith, Chi | 4 | 2 | 6 |
| Semin, Wash | 4 | 2 | 6 |
| Stamkos, TB | 4 | 2 | 6 |
| Bertuzzi, Det | 2 | 4 | 6 |
| Bolland, Chi | 2 | 4 | 6 |
| Cleary, Det | 2 | 4 | 6 |
| Edler, Vcr | 2 | 4 | 6 |
| Getzlaf, Ana | 2 | 4 | 6 |
| Hossa, Chi | 2 | 4 | 6 |
| Johansson, Wash | 2 | 4 | 6 |
| Meszaros, Pha | 2 | 4 | 6 |
| Spaling, Nash | 2 | 4 | 6 |
| Arnott, Wash | 1 | 5 | 6 |
| Brewer, TB | 1 | 5 | 6 |
| Erat, Nash | 1 | 5 | 6 |
| Franson, Nash | 1 | 5 | 6 |
| Green, Wash | 1 | 5 | 6 |
| P.Kane, Chi | 1 | 5 | 6 |
| Myers, Buf | 1 | 5 | 6 |
| Peverley, Bos | 1 | 5 | 6 |
| Seidenberg, Bos | 1 | 5 | 6 |
| Suter, Nash | 1 | 5 | 6 |
| Timonen, Pha | 1 | 5 | 6 |
| Tootoo, Nash | 1 | 5 | 6 |
| Versteeg, Pha | 1 | 5 | 6 |
| I.White, SJ | 1 | 5 | 6 |
| Zetterberg, Det | 1 | 5 | 6 |
| Vanek, Buf | 5 | 0 | 5 |
| Clifford, LA | 3 | 2 | 5 |
| Doan, Phx | 3 | 2 | 5 |
| Gionta, Mtl | 3 | 2 | 5 |
| Leino, Pha | 3 | 2 | 5 |
| Malone, TB | 3 | 2 | 5 |
| Sharp, Chi | 3 | 2 | 5 |
| S.Weber, Nash | 3 | 2 | 5 |
| Frolik, Chi | 2 | 3 | 5 |
| Helm, Det | 2 | 3 | 5 |
| Kronwall, Det | 2 | 3 | 5 |
| Lucic, Bos | 2 | 3 | 5 |
| Marleau, SJ | 2 | 3 | 5 |
| Richardson, LA | 2 | 3 | 5 |
| Plekanec, Mtl | 2 | 3 | 5 |
| Ryder, Bos | 2 | 3 | 5 |
| Smyth, LA | 2 | 3 | 5 |
| Vrbata, Phx | 2 | 3 | 5 |
| Ference, Bos | 1 | 4 | 5 |
| Filppula, Det | 1 | 4 | 5 |
| Ja.Johnson, LA | 1 | 4 | 5 |
| T.Mitchell, SJ | 1 | 4 | 5 |
| Raymond, Vcr | 1 | 4 | 5 |
| S.Kostitsyn, Nash | 0 | 5 | 5 |
| Yandle, Phx | 0 | 5 | 5 |

# HOCKEY

## CANADA 3, SWEDEN 2

**First Period**
1. Canada, Neal 2 (Spezza) 1:08
2. Sweden, Petrasek 2 (Gunnarsson, Paajarvi) 3:43 (pp)
3. Canada, Tavares 5 (Skinner, Stewart) 13:20
**Penalties** — Burns Cda (interference) 3:12, Persson Swe (hooking) 8:32, Eriksson Swe (tripping) 11:18, Duchene Cda (tripping) 14:27.
**Second Period**
4. Sweden, Tedenby 1 (Silfverberg, Kruger) 10:38 (pp)
**Penalties** — Petrasek Swe (hooking) 2:12, Tavares Cda (hooking) 10:20, Rundblad Swe (hooking) 11:45, Eberle Cda (slashing) 14:55, Nash Cda (charging) 18:19, Patrasek Swe (hooking) 19:41.
**Third Period**
5. Canada, Nash 2 (Burns, Neal) 12:31 (pp)
**Penalties** — Neal Cda (slashing) 4:07, Persson Swe (tripping) 12:04, Burns Cda (roughing) 15:06, Kruger Swe (slashing) 16:34, Petrasek Swe (slashing) 18:15.
**Shots**

| | | | | |
|---|---|---|---|---|
| **Canada** | **17** | **11** | **15** | **—43** |
| Sweden | 5 | 8 | 10 | —23 |

**Goal** — Canada: Bernier (W,2-0-0); Norway: Ersberg (L,0-2-0). **Power plays (goals-chances)** — Canada: 1-8; Norway: 2-7. **Referees** — Sami Partanen (Finland), Daniel Piechaczek (Germany). **Linesmen** — Jiri Gebauer (Czech Republic), Jussi Terho (Finland). **Att.** — 7,633 at Kosice, Slovakia.

# HOCKEY

## IIHF

### MEN'S WORLD CHAMPIONSHIP

**FINAL QUALIFICATION ROUND STANDINGS**

**Group E**

| | GP | W | OW | OL | L | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Czech Rep. | 5 | 5 | 0 | 0 | 0 | 19 | 7 | 15 |
| Finland | 5 | 2 | 2 | 0 | 1 | 16 | 10 | 10 |
| Germany | 5 | 2 | 0 | 2 | 1 | 15 | 17 | 8 |
| Russia | 5 | 2 | 0 | 1 | 2 | 12 | 14 | 7 |
| Slovakia | 5 | 1 | 0 | 0 | 4 | 13 | 14 | 3 |
| Denmark | 5 | 0 | 1 | 0 | 4 | 9 | 22 | 2 |

**Group F**

| | GP | W | OW | OL | L | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| **Canada** | **5** | **3** | **2** | **0** | **0** | **23** | **11** | **13** |
| Sweden | 5 | 3 | 0 | 1 | 1 | 18 | 10 | 10 |
| Norway | 5 | 2 | 1 | 0 | 2 | 17 | 15 | 8 |
| USA | 5 | 2 | 0 | 1 | 2 | 15 | 19 | 7 |
| Switzerland | 5 | 1 | 1 | 1 | 2 | 11 | 12 | 6 |
| France | 5 | 0 | 0 | 1 | 4 | 5 | 22 | 1 |

**Note:** 3 points for a regulation win, 2 for an overtime win and 1 for an overtime loss.
**Yesterday's results**
**At Kosice**
**Canada** 3 Sweden 2
Switzerland 5 United States 3
France 5 Norway 2
**At Bratislava**
Slovakia 4 Denmark 1
Finland 3 Russia 2 (SO)
Czech Republic 5 Germany 2
**Sunday's results**
**At Bratislava**
Czech Republic 3 Russia 2
**At Kosice**
Sweden 2 Switzerland 0
**QUARTER-FINALS**
**All games at Bratislava**
**Tomorrow's games**
**All times Eastern**
Czech Republic vs. United States, 10:15 a.m.
Sweden vs. Germany, 2:15 p.m.
**Thursday's games**
Finland vs. Norway, 10:15 a.m.
**Canada** vs. Russia, 2:15 p.m.
**SEMI-FINALS**
**At Bratislava**
**Friday's games**
Czech Republic-United States winner vs. Sweden-Germany winner, 10:15 a.m.
Finland-Norway winner vs. **Canada**-Russia winner, 2:15 p.m.

# MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| New York | 19 | 13 | .594 | — |
| Tampa Bay | 20 | 14 | .588 | — |
| Boston | 17 | 18 | .486 | 3½ |
| Toronto | 15 | 20 | .429 | 5½ |
| Baltimore | 14 | 19 | .424 | 5½ |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cleveland | 22 | 11 | .667 | — |
| Kansas City | 18 | 16 | .529 | 4½ |
| Detroit | 18 | 18 | .500 | 5½ |
| Chicago | 13 | 22 | .371 | 10 |
| Minnesota | 12 | 21 | .364 | 10 |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Los Angeles | 20 | 15 | .571 | — |
| Oakland | 19 | 17 | .528 | 1½ |
| Texas | 18 | 18 | .500 | 2½ |
| Seattle | 16 | 19 | .457 | 4 |

**Last night's results**
Detroit 10 Toronto 5
Oakland 7 Texas 2
Boston 2 Minnesota 1 (11 innings)
Chicago White Sox at L.A. Angels
**Sunday's results**
Detroit 5 Toronto 2
L.A. Angels 6 Cleveland 5
Oakland 5 Kansas City 2
Tampa Bay 5 Baltimore 3
Chicago White Sox 5 Seattle 2 (10 innings)
Boston 9 Minnesota 5
N.Y. Yankees 12 Texas 5
**Today's games**
**All times Eastern**
Kansas City (Davies 1-4) at N.Y. Yankees (F.Garcia 1-2), 7:05 p.m.
Seattle (Pineda 4-2) at Baltimore (Arrieta 4-1), 7:05 p.m.
Tampa Bay (Sonnanstine 0-0) at Cleveland (Tomlin 4-1), 7:05 p.m.
Boston (Lester 4-1) at Toronto (Drabek 2-2), 7:07 p.m.
Oakland (Anderson 2-2) at Texas (C.Lewis 2-4), 8:05 p.m.
Detroit (Porcello 2-2) at Minnesota (Liriano 2-4), 8:10 p.m.
Chicago White Sox (Danks 0-5) at L.A. Angels (Pineiro 1-0), 10:05 p.m.
**Tomorrow's games**
Detroit at Minnesota, 1:10 p.m.
Oakland at Texas, 2:05 p.m.
Kansas City at N.Y. Yankees, 7:05 p.m.
Seattle at Baltimore, 7:05 p.m.
Tampa Bay at Cleveland, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

## NATIONAL LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Philadelphia | 23 | 11 | .676 | — |
| Florida | 20 | 14 | .588 | 3 |
| Atlanta | 20 | 16 | .556 | 4 |
| Washington | 16 | 18 | .471 | 7 |
| New York | 15 | 20 | .429 | 8½ |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| St. Louis | 20 | 15 | .571 | — |
| Cincinnati | 19 | 16 | .543 | 1 |
| Pittsburgh | 18 | 17 | .514 | 2 |
| Chicago | 15 | 18 | .455 | 4 |
| Milwaukee | 15 | 20 | .429 | 5 |
| Houston | 13 | 22 | .371 | 7 |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Colorado | 19 | 14 | .576 | — |
| San Francisco | 18 | 16 | .529 | 1½ |
| Arizona | 15 | 18 | .455 | 4 |
| Los Angeles | 16 | 20 | .444 | 4½ |
| San Diego | 14 | 21 | .400 | 6 |

**Last night's results**
Colorado 2 N.Y. Mets 1
Philadelphia 6 Florida 4
Cincinnati 6 Houston 1
Pittsburgh 4 L.A. Dodgers 1
Milwaukee 4 San Diego 3
**Sunday's results**
San Francisco 3 Colorado 0
Cincinnati 2 Chicago Cubs 0
Florida 8 Washington 0
St. Louis 3 Milwaukee 1
San Diego 4 Arizona 3
Atlanta 5 Philadelphia 2
L.A. Dodgers 4 N.Y. Mets 2
Pittsburgh 5 Houston 4
**Today's games**
**All times Eastern**
L.A. Dodgers (Lilly 2-3) at Pittsburgh (Correia 5-2), 7:05 p.m.
Philadelphia (Halladay 5-1) at Florida (Jo.Johnson 3-1), 7:10 p.m.
Washington (Marquis 3-1) at Atlanta (T.Hudson 4-2), 7:10 p.m.
Cincinnati (Bailey 1-0) at Houston (Myers 1-2), 8:05 p.m.
St. Louis (Carpenter 0-2) at Chicago Cubs (Zambrano 4-1), 8:05 p.m.
San Diego (Richard 1-3) at Milwaukee (Marcum 3-1), 8:10 p.m.
N.Y. Mets (Pelfrey 2-3) at Colorado (Hammel 3-1), 8:40 p.m.
Arizona (I.Kennedy 3-1) at San Francisco (Lincecum 3-3), 10:15 p.m.
**Tomorrow's games**
San Diego at Milwaukee, 1:10 p.m.
Cincinnati at Houston, 2:05 p.m.
N.Y. Mets at Colorado, 3:10 p.m.
L.A. Dodgers at Pittsburgh, 7:05 p.m.
Philadelphia at Florida, 7:10 p.m.
Washington at Atlanta, 7:10 p.m.
St. Louis at Chicago Cubs, 8:05 p.m.
Arizona at San Francisco, 10:15 p.m.

# SOCCER

## MLS

**Tomorrow's games**
**All times Eastern**
Los Angeles at Philadelphia, 7:30 p.m.
Toronto at Dallas, 9 p.m.
San Jose at Vancouver, 10 p.m.
**Saturday's games**
Chicago at Toronto, 7 p.m.
Colorado at D.C. United, 7:30 p.m.
Vancouver at New England, 7:30 p.m.
Philadelphia at Dallas, 8:30 p.m.
Houston at Real Salt Lake, 9 p.m.
Columbus at San Jose, 10:30 p.m.
Kansas City at Los Angeles, 10:30 p.m.
Portland at Seattle, 11 p.m.
**Sunday, May 15**
Chivas USA at New York, 7 p.m.

# LACROSSE

## NLL PLAYOFFS

### FINAL

**Sunday, May 15**
Washington at Toronto, 2 p.m. (EDT)

# TENNIS

## ATP-WTA

### INTERNAZIONALI BNL D'ITALIA

**At Rome**
**Men's Singles — First Round**
Mardy Fish (11), U.S., def. Santiago Giraldo, Colombia, 4-6, 6-2, 6-2.
Gilles Simon, France, def. Andy Roddick (12), U.S., 6-3, 6-3.
Viktor Troicki (15), Serbia, def. Nikolay Davydenko, Russia, 6-4, 7-5.
Igor Andreev, Russia, def. Pere Riba, Spain, 6-4, 7-5.
Xavier Malisse, Belgium, def. Guillermo Garcia-Lopez, Spain, 7-5, 6-2.
Lukasz Kubot, Poland, def. Pablo Cuevas, Uruguay, 7-6 (1), 2-6, 6-2.
Jarkko Nieminen, Finland, def. Adrian Mannarino, France, 7-5, 2-6, 6-3.
Sergiy Stakhovsky, Ukraine, def. Victor Hanescu, Romania, 6-3, 1-6, 7-6 (6).
Potito Starace, Italy, def. Alexandr Dolgopolov, Ukraine, 6-3, 6-3.
Jo-Wilfried Tsonga, France, def. Marcos Baghdatis, Cyprus, 6-3, 6-2.
**Women's Singles — First Round**
Marion Bartoli (9), France, def. Arantxa Parra Santonja, Spain, 6-2, 6-3.
Greta Arn, Hungary, def. Svetlana Kuznetsova (11), Russia, 3-6, 7-6 (4), 7-6 (9).
Ana Ivanovic (13), Serbia, def. Nadia Petrova, Russia, 6-0, 3-0 (retired).
Iveta Benesova, Czech Republic, def. Gisela Dulko, Argentina, 6-2, 6-1.
Lourdes Dominguez Lino, Spain, def. Barbora Zahlavova Strycova, Czech, 6-1, 0-6, 7-6 (4).
Anabel Medina Garrigues, Spain, def. Patty Schnyder, Switzerland, 6-3, 6-2.
Vera Dushevina, Russia, def. Ayumi Morita, Japan, 6-3, 6-1.
Ekaterina Makarova, Russia, def. Maria Jose Martinez Sanchez, Spain, 6-0, 5-7, 6-4.
Polona Hercog, Slovakia, def. Alexandra Dulgheru, Romania, 6-1, 7-5.
Elena Vesnina, Russia, def. Tamira Paszek, Austria, 6-4, 6-4.
Alisa Kleybanova, Russia, def. Varvara Lepchenko, U.S., 6-2, 6-2.
Jarmila Gajdosova, Australia, def. Corinna Dentoni, Italy, 6-1, 6-2.

# NBA

## PLAYOFFS

**All times Eastern**

### SECOND ROUND

(Best-of-7 series)

### EASTERN CONFERENCE

**Chicago (1) vs. Atlanta (5)**
**(Series tied 2-2)**
**Sunday's result**
Atlanta 100 Chicago 88
**Tonight's game**
Atlanta at Chicago, 8 p.m.
**Miami (2) vs. Boston (3)**
**(Miami leads 3-1)**
**Last night's result**
Miami 98 Boston 90 (OT)

### WESTERN CONFERENCE

**L.A. Lakers (2) vs. Dallas (3)**
**(Dallas wins 4-0)**
**Sunday's result**
Dallas 122 L.A. Lakers 86
**Oklahoma City (4) vs. Memphis (8)**
**(Memphis leads 2-1)**
**Last night's result**
Oklahoma City at Memphis

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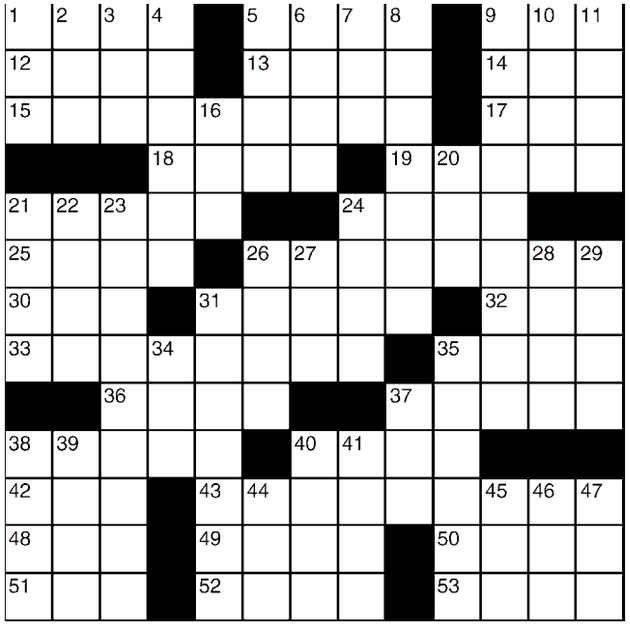
## Crossword



**Across**

1 Musical ending
5 Grand story
9 That girl
12 German city, once a capital
13 Finding Nemo fish
14 Embrace
15 "Hurry up!"
17 Palindromic title
18 Weak, as an excuse
19 Undressed
21 Moderate yellow-brown
24 Unembellished
25 Legal wrong
26 Served
30 Hearty brew
31 Trombone section
32 — budget
33 Lounge chair part
35 Rams' fans?
36 Legendary English actor Edmund
37 Painter Max
38 Computer connector
40 Dregs
42 Past
43 Theatrical "good luck!"
48 Stitch
49 Photog's choice
50 Goodyear product
51 Barbie's companion
52 Vortex
53 Fervor

**Down**

1 Couric's network
2 Reaction to fireworks
3 CSI evidence
4 Short sock
5 Dutch cheese
6 Mast
7 Anger
8 Young swans
9 Ship's crew's rehearsal
10 Ginormous
11 "Zounds!"
16 Listener
20 Exist
21 Nevada neighbour
22 Double agent
23 Categorization
24 Atomizer output
26 Small songbird
27 Small batteries
28 Singles
29 Famed political cartoonist
31 Prickly shrub
34 Sandra or Ruby
35 Poor substitute
37 "A mouse!"
38 Halloween cover-up
39 Curved moulding
40 Give temporarily
41 Uncomplicated
44 Scarlet
45 Falsehood
46 Historic time
47 Solidify

▶ Yesterday's answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | A | I | L | ■ | O | B | I | ■ | P | E | N | D |
| I | G | N | I | T | I | O | N | ■ | A | L | O | E |
| L | A | N | C | E | L | O | T | ■ | T | A | T | A |
| ■ | ■ | ■ | H | A | Y | ■ | E | A | R | N | E | D |
| U | Z | B | E | K | ■ | T | R | I | O | ■ | ■ | ■ |
| M | I | E | N | ■ | S | A | N | D | L | O | T | ■ |
| P | T | A | ■ | A | P | R | E | S | ■ | V | A | T |
| ■ | I | N | K | B | L | O | T | ■ | L | U | K | E |
| ■ | ■ | ■ | A | L | I | T | ■ | W | O | M | E | N |
| R | E | G | R | E | T | ■ | S | A | G | ■ | ■ | ■ |
| U | V | E | A | ■ | P | O | L | Y | G | L | O | T |
| S | E | N | T | ■ | E | R | O | S | I | O | N | S |
| T | R | E | E | ■ | A | B | E | ■ | A | L | E | E |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | 5 | | | | | |
| | | 1 | | 8 | | | | 7 |
| | | 4 | | 2 | 6 | 9 | 1 | |
| | | 6 | | | | | | 8 |
| | 3 | 7 | | 9 | | 2 | 6 | |
| 4 | | | | | | 7 | | |
| | 9 | 2 | 8 | 1 | | 6 | | |
| 8 | | | | 4 | | 5 | | |
| | | | | | 3 | | 7 | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*Batinski, Happy anniversary to the best batinski a belou could ever ask for! Love you lots! From* **BELOUMABEAR**

*Lora, Dump the bum & come with ME!!!!!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From* **ME**

*Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From* **ROBERT**

*Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From* **NS**

## A look at the weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| Min 4° Max 21° | Min 4° Max 21° | Min 5° Max 18° |

**Andrew Schultz, Meteorologist**
*"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".* **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You know that if others would only listen to your advice everything would be fine.

**♉ Taurus April 21-May 21** You can't stop people from making mistakes.

**♊ Gemini May 22-June 21** Look at how fortunate you are and how many options are open to you.

**♋ Cancer June 22-July 22** You can impose your will on others but you will achieve more if you meet colleagues halfway.

**♌ Leo July 23-Aug.23** Compared to most people you've had it easy, so quit complaining and get down to some serious work.

**♍ Virgo Aug. 24- Sept. 22** Today you could be misled by people who know how to push your emotional buttons.

**♎ Libra Sept. 23-Oct. 23** Listen to and act upon what your inner voice tells you today.

**♏ Scorpio Oct. 24-Nov. 22** Don't gamble with your health today.

**♐ Sagittarius Nov. 23-Dec. 21** If someone tries to pressure you into making a quick decision tell them to get lost.

**♑ Capricorn Dec. 22-Jan. 20** Watch out your emotions don't get the better of you today.

**♒ Aquarius Jan. 21-Feb. 18** Flattery will get you a long way today.

**♓ Pisces Feb. 19-March 20.** Look at your fears for what they really are: phantoms of your imagination that should be ignored. SALLY BROMPTON

## Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

**WIN!**

**You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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